



# Environmentally Safe Products

The American Environmental Health Foundation (AEHF) is a nonprofit organization that was founded in 1975. The purpose of AEHF is to provide environmentally safe products and to provide education and research into the fields of Chemical Sensitivity and Environmental Illness.

The AEHF store provides environmentally safe products for everyday use in our homes, schools and businesses.

Over the past 41 years the Foundation has funded more than 30 major medical research projects. AEHF has also provided funding for:

- Publications covering environmentally triggered diseases
- International gathering and referral center for environmental information for physicians, allied health professionals and patients
- International Symposium entitled **The International Symposium on Man and His Environment in Health And Disease** held annually in Dallas, Texas for the medical professional
- Annual public conferences on Environmental Illness and Chemical Sensitivity
- Education and training of students, physicians, and research scientists

The research and education is funded by donations and sales from our retail store. The AEHF retail store is located in Dallas, Texas and provides environmentally safe and nontoxic products for the home, office and school. Our sales income is generated from our retail store, mail order catalog and internet store.

The products available thru the Foundation store have been reviewed and tested by the staff of the Foundation and the Environmental Health Center-Dallas as safe, nontoxic and effective. Your individual situation may differ.

This catalog contains approximately 80% of the products available from the Foundation store. Visit our internet ([www.aehf.com](http://www.aehf.com)) store, our store (8345 Walnut Hill Lane, Suite 225, Dallas TX, 75231) or call (800/428-2343) for additional products. Prices in this catalog are subject to change without notice.

## AEHF Mission Statement

Exposure to environmental pollution can compromise human health. To combat the problems caused by pollution, many individuals are creating less-polluted home, school and work environments. They are also modifying their lifestyles. The products of AEHF have been selected for use by those who are interested in a healthier lifestyle. Those with allergies and chemical sensitivity have provided valuable information in the creation of our product line.

All the products sold by AEHF have been tested and reviewed by the medical staff of the Environmental Health Center- Dallas. Product choices should always be made in accordance with the individual sensitivity based upon your actual testing.

Product ingredients are included in the descriptions in the catalog and our website; however ingredients are subject to change without notice.

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Visit our website [www.aehf.com](http://www.aehf.com) or call 1/800-428-2343 for additional product information. Prices and ingredients are subject to change without notice.

Revised March 2017

## AIR PURIFIERS AND FILTERS

### AIRFILTERS

#### Austin Air Standard

Cleans up to 1,500 square feet area

Twice an hour. Removes

Dust mites, pet dander, mold spores,

Pollens, voc's, gases and air borne

chemicals. Three filters-HEPA

(99.97% efficiency at 0.3 microns),

Carbon/zeolite (15 pounds) and a

Pre-filter to trap large dust particles.

Made of steel with baked on enamel finish with three speed

Fan. Five year factory warranty on all parts and labor

including filters. Measures 23" x 14<sup>1</sup>/<sub>2</sub>" x 14 W, 45 lbs.

Available in tan, white and black..... **\$539.00**

Replacement filter..... **\$215.00**

PERMAFILT Pre-filter ..... **\$27.50**



#### Austin Air Cleaner Plus+

Designed for individuals with acute allergic sensitivities.

Identical to Standard unit but with additional filter treatment to

give higher effectiveness rating for additional removal of

formaldehyde and ammonia..... **\$649.00**

Replacement filter..... **\$325.00**

PERMAFILT Pre-filter ..... **\$27.50**

#### Austin Air Junior

Very similar to the Standard only smaller in size and covers a

smaller area. Cleans up to 700 square feet area or 200 cfm.

Removes dust mites, pet dander, mold spores, pollens, voc's

and airborne chemicals. Unit consists of three filters HEPA

(99.97% efficiency at 0.3 microns) Carbon/zeolite (6.5

pounds) and pre-filter. Weighs only 23 pounds, measures

16<sup>1</sup>/<sub>2</sub>" x 11" x 11" ..... **\$375.00**

Replacement filter ..... **\$165.00**

PERMAFILT Pre-filter ..... **\$22.00**

#### Austin Air Junior Plus+

Designed for individuals with acute allergic sensitivities.

Identical to Junior unit but with additional filter treatment to

give higher effectiveness rating for additional removal of

formaldehyde and ammonia from the air. Available in tan,

white and black..... **\$419.00**

Replacement filter ..... **\$200.00**

PERMAFILT Pre-filter ..... **\$22.00**

#### Austin Baby's Breath Jr.

Provides the highest level of protection from a variety of

airborne contaminants, ensuring your baby receives the

cleanest air necessary for proper development and growth.

This unit creates a gentle hush resembling the familiar sound

your baby enjoyed in the womb and clinically proven to help

infants fall asleep more easily and sleep more soundly.

Available in pink or blue ..... **\$419.00**

Replacement filter ..... **\$210.00**

PERMAFILT Pre-filter ..... **\$22.00**

**\*Austin Air Shipping prices vary depending on zip code.**

#### Auto Air Purifier 160 AN (E.L. Foust)

Three stage automobile air filter that

eliminates gasses, vapors, ozone,

formaldehyde, tobacco smoke, and any

chemical fumes. Contains no electronic

plates.Plugs into cigarette lighter.

Covers 400 sq. ft.

Filters up to 160 cubic ft. of air per minute..... **\$369.00**

Replacement filter..... **\$57.00**

**\*Shipping will be assessed when order is placed.**



### PLASMA DISCHARGE IONIC PURIFIERS

#### Automate Automobile Ionic Air Purifier (Wein)

Automate 12 volt cigarette lighter plug-in removes up to

90% of road pollutants from car interiors including exhaust

fumes, road dust, bacteria, allergens, cigarette smoke, molds

and more. Will not produce electrostatic shocks.

Size 1" dia.,4A<sup>1</sup>/<sub>2</sub>" long ..... **\$49.95**

#### Mini-Mate Ultra (Wein)

Works to attack molds, germs, smoke,

perfumes, pollen, and many other

contaminates. Lightweight, small portable

battery-operated personal air purifier great

for air travel, movie theaters, waiting rooms

any confined area. Maintenance free. Ozone

out-put on this machine is less than .028 ppm.

Size 2<sup>1</sup>/<sub>2</sub> x 1 1<sup>1</sup>/<sub>2</sub> x 3<sup>1</sup>/<sub>4</sub>" ..... **\$149.96**



#### Sani-mate Ionic Air Purifier/Deodorizer (Wein)

This direct AC wall plug in unit uses the same patented and

proven ionic air purification system as the Mini-Mates to

reduce odors, perfumes, dust, molds, smoke, allergens and

germs in washroom or pantry air.

Size 3<sup>1</sup>/<sub>2</sub> x 3<sup>1</sup>/<sub>2</sub> x 1 V<sup>2</sup>/<sub>2</sub>" ..... **\$60.00**

#### Room Air Purification System (Wein)

Cleans up to 800 sq. ft.- helps with a wide variety of

airborne contaminants such as pollen, mold spores, dust

mites, toxic chemical fumes, bacteria, odors and also

second-hand cigarette smoke by putting out negatively

charged ions, that attract the positive ion that is no longer

airborne, becomes cleaner and fresh smelling air around you.

Size 6.5"w, 9"deep and 8" high ..... **\$180.68**

#### Tri-Field Meter 100XE (EMF)

Fast reliable measurements of Magnetic and Electric Field

Easy to see large analogreadout;3 axis magnetic sensitivity

for fast survey; 2 separate scales for magnetic field reading.

Will also measure strong analog RF emission (like

microwave oven leakage) Will also test EMF pollution from

"hot spot". Comes with 9 volt battery

Meter size5.0x2.6x2.4 in ..... **\$189.00**

# BEDDING

(available at Heart of Vermont)

## Barrier Cloth Mattress Cover/Fitted Sheet

Dust mite protection. Organic cotton barrier cloth mattress cover is made like a fitted sheet with a 13" "pocket", so a conventional bed that is 8" thick will have approx. 5 inches to tuck under the mattress! All items are made larger to accommodate the shrinkage that will occur as they are NOT preshrunk. Made of all natural, 100% cotton, tan in color, 300 thread count. Micron pore size is .04. No bleach, no dyes or no brighteners.

Machine washable.

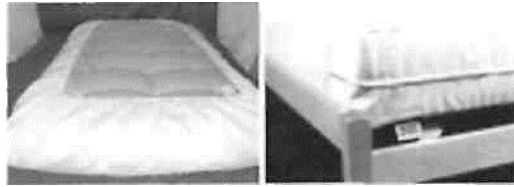
Twin (39" x 75" x 8").....	<b>\$178.00</b>
Full (54" x 74" x 8").....	<b>\$220.00</b>
Queen (60" x 80" x 8").....	<b>\$258.00</b>
King (78" x 80" x 8").....	<b>\$316.00</b>

## Barrier Cloth Mattress Sack/Wrap

The same as the Mattress Cover/Fitted Sheet except this is a sack that totally covers all sides as well as top and bottom of mattress.

Twin (39" x 75" x 8").....	<b>\$233.00</b>
Double (54" x 74" x 8").....	<b>\$309.00</b>
Queen (60" x 80" x 8").....	<b>\$344.00</b>
King (78" x 80" x 8").....	<b>\$429.00</b>

(Barrier Cloths & Pillow Cases are available at Heart of Vermont)



Barrier mattresses cover    Barrier cloth mattress sack  
(Upside down for picture)

## Barrier Cloth Pillow Covers

(Available at Heart of Vermont)

Travel/Baby (12" x 16").....	<b>\$40.00</b>
Standard (20" x 26").....	<b>\$53.00</b>
Queen (20" x 30").....	<b>\$58.00</b>
King (20" x 36").....	<b>\$65.00</b>

## 100% Organic Cotton Pillow

Baby/Travel (12"x 16").....	<b>\$34.00</b>
Standard (20" x 26").....	<b>\$74.00</b>
Queen (20"x30").....	<b>\$82.00</b>



Heart of Vermont  
Organic Products

**CLOTHING**



**100% ORGANIC CLOTHING (S.O.S.)**

SOS organic cotton t shirts are a natural color (not dyed or bleached).

- Hoody Sweat Shirt (Ecrú) S-XL ..... **\$27.50**
- Long Sleeve T-shirt (Ecrú) S-XL ..... **\$18.50**
- Night shirt (24" width X 36" length) Natural ..... **\$16.50**
- Short Sleeve T-shirt Crew neck (Ecrú) S-XL..... **\$12.50**
- Short Sleeve T-shirt Scoop neck (Ecrú) S-XL..... **\$12.50**
- Shorts w/out Pockets (Ecrú) S-XL ..... **\$14.00**
- Sweatpants (Ecrú) S-XL..... **\$25.50**
- Sweatshirt (Ecrú) S-XL ..... **\$25.50**
- Tank Top (Ecrú) S-XL, Ladies ..... **\$18.50**

**Colored Shirts**

**100% Organic Clothing**

- Short Sleeve  
Colors: Red, Blue, Green, Orange)..... **\$17.50**  
Available in sizes S-XL.

**SOCKS (Maggie's)**

**Cotton Footie** - 81.46% Organic Cotton, 16.24% Nylon, 2.30% Lycra. Available in Natural or White .....**\$5.99**

**Cotton Ribbed Crew**-89%Organic Cotton, 10% Nylon, 1% Spandex. Available in Black, Eggplant, Natural.....**\$8.00**

**Cotton Ribbed Crew (Tri-Pack)**-80% Organic Cotton 13.0% Nylon, 1% Spandex. Available in Natural, Black or Navy/Natural/Black..... **\$19.00**

*Unisex: 9-11 and 10-13*

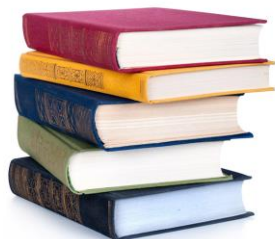




## BOOKS

### **Chemical Sensitivity (Rea)**

The first major scientific book on Chemical Sensitivity. Volumes 1, 2, 3 & 4 are in notebooks. **\$49.99 each**



**Volume 1** Comprehensive Explanation of the Field of Chemical Sensitivity.

**Volume 2** Sources of Total Body Load

**Volume 3** Clinical Manifestations of Pollutant Overload.

**Volume 4** Tools of Diagnosis and Methods of Treatment.

### **Chemical Sensitivity (Rogers)**

Learn from an expert how nutrient deficiencies and genetic causes can contribute to environmental disease, and how you can counter them. .... **\$5.95**

### **Cure is in the Kitchen (Rogers)**

Explores the relationship between diet, the environment, human health, and sickness. This book is primarily a guide to healthy eating. .... **\$14.95**

### **Detox or Die (Rogers)**

It no longer matters what you call your disease. The label your doctor gives you is meaningless. What matters is what caused it. Learn how to find the underlying causes and get rid of them with the only proven ways to reverse the most hopeless diseases and slow down aging. You can reverse your disease and body damage. .... **\$22.95**

### **E I Syndrome (Rogers)**

Shows how to diagnose and treat a wide range of environmental illnesses, including asthma, migraines, depression, brain "fog", colitis, chronic fatigue and more. Filled with lots of practical suggestions. Great reading even if you're a veteran E.I. Vitamins and minerals - why needed and how to properly test. .... **\$17.95**

### **High Blood Pressure HOAX (Rogers)**

The bulk of **The High Blood Pressure Hoax** is a compilation of strategies Dr. Rogers feels can provide real answers for those seeking to normalize their blood pressure naturally. Some of her pointers are very basic, but usually overlooked approaches, such as testing for potassium and magnesium levels in the red blood cells ..... **\$19.95**

### **Macro Mellow (Rogers)**

A great start for the person who wants to ease into macrobiotics, as well as those who would just like to eat healthier and feel better. It is perfect for the person with high cholesterol or triglycerides, not to mention the person who has had bypass surgery and knows, statistically, only a matter of a few years before the vessels plug up and the whole procedure is done again. Recipes included .... **\$12.95**

### **Molds and Mycotoxins: Papers from an International Symposium**

This book is a compilation of 18 scientific, peer reviewed papers presented in 2003 - a veritable mountain of evidence that many mold-exposed people are indeed sick, with significant brain function impairment. The published investigations collected here are based on measurements of single patients and groups, studied systematically. .... **\$29.95**

### **Optimum Living (Rea)**

Designing and building a healthy home or office, this book is a valuable resource of pictures, building illustrations and data for anyone who wants to design and build a healthy home, office or creative work space. This book contains over 30 years of research data, and building experience of Dr. William J. Rea and his patients at the medical treatment facility - Environmental Health Center-Dallas. Plus a helpful checklist for home buyers or renters. .... **\$29.95**

### **No More Heartburn (Rogers)**

Stop the pain in 30 days-naturally! Are you plagued by: heartburn, indigestion, irritable bowel, colitis, and Candida? If you fail to find the cause of symptoms, they can go on to cause more serious diseases like chronic fatigue, depression, Fibromyalgia, auto-immune arthritis, allergies to molds, food and chemicals, or even cancer ..... **\$15.00**

### **Pain Free in Six Weeks (Rogers)**

The most complete and authoritative book on healing pain from arthritis, fibromyalgia, colitis, lupus, migraine, tendonitis, prostatitis, angina, neuritis, Gulf War Syndrome, chronic back pain, cystitis and End-stage cancer. All pain has a cause, and once you know the cause you can have the cure ..... **\$19.95**

### **Reversibility of Chronic Disease & Hypersensitivity**

#### **Volume 1 (Rea & Patel)**

Presents the most up to date information on hypersensitivity reactions and chronic diseases, Draws on clinical work with thousands of patients. Offers ways to reverse the dysfunction of chronic illness as well as prevent their initial trigger. Explains newly understood mechanisms of chronic disease and hypersensitivity involving core molecular function Integrates aspects of Eastern and Western medicine. .... **\$152.95**

#### **Reversibility of Chronic Degenerative Disease and Hypersensitivity Volume 2 (Rea & Patel)**

Clinical Manifestations of Chemical Sensitivity. .... **\$139.95**

#### **Reversibility of Chronic Degenerative Disease and Hypersensitivity Volume 3 (Rea & Patel)**

Clinical Environmental Manifestations of the Neurocardiovascular Systems ..... **\$139.95**

### **Less Toxic Alternatives 10th Edition (Carolyn Gorman)**

A complete guidebook for natural healing, gaining & maintaining optimum health. Contains a variety of information available on alternative products for a healthier life style. Copyright 2010, 4<sup>th</sup> printing, updated in January 2015. 452 pages. .... **\$34.95**

# HOUSEHOLD CLEANING SUPPLIES

## BATHROOM GENERAL CLEANERS



### **Bathroom Cleaner (Descale-It)**

Gently dissolves the toughest hard water deposits, soap scum and oily films from tubs, glazed tiles, showers, shower doors, and metal fixtures, leaving them shiny clean. Use on chrome, stainless steel, tile, Formica, and enameled woodwork for easy, non-abrasive cleaning.

100% biodegradable. 22 oz.....\$5.42

### **Cleaning Powder (Bon Ami)**

For all household cleaning, polishing, mirrors, windows, sinks, tubs, and showers. Substitute this natural abrasive for harsh chemical abrasives. 12 oz can ..... \$2.00

### **Creamy Cleanser (Earth Friendly)**

A natural based cream cleanser that is extremely effective at cleaning stainless steel, porcelain, hard surface counters and corian counter tops. Nonabrasive Contains: Water, lemon oil, crystalline silica, and Xanthum gum. 17 oz..... \$7.41

### **Lime-Eater (Descale-It)**

Transforms and softens hard, crusty lime deposits into a soft paste that wipes and rinses away with ease. Removes lime and calcium build-up, soap scum, water spots and rust without fumes or harsh mineral acids. It cleans showers, tubs, tiles, sinks, and fixtures soiled by frequent contact with water. 100% Biodegradable. 22 oz..... \$7.15

### **NC Tub and Tile Cream Cleanser**

A non-scratching cleanser perfect for most household surfaces like bathtubs, sinks, tiles, counter tops, chrome and steel fixtures. .... \$4.28

**Safety Clean Bath & Bowl Cleaner (AFM)** Concentrated All-Purpose industrial strength cleaner. Nontoxic, odor free, dye-free and biodegradable. Contains no phosphates, alkalizes, acids, ammonia, butyl ethers, chlorine bleach or masking agents.

Quart.....\$11.50  
Gallon ..... \$26.67

### **Shower Kleener (Earth Friendly)**

Non petroleum based, naturally derived. Prevents hard water stains and eliminates soap scum from forming on your shower and bath tub surfaces. Works on glass, tub, tile and fixtures. Contains tea tree oil, lavender oil, purified water, a plant derived surfactant, and ethanol derived from corn.

22 oz..... \$4.45

### **Tile & Bath Cleaner (Nature Clean)**

A non-scratching cleanser perfect for most household surfaces like bathtubs, sinks, tiles, counter tops, chrome and steel fixtures, chlorine-free. Ingredients: water, fatty polyglycoside, amino acid, sodium gluconate, sodium carbonate, alkali, tea tree oil. 31.5 oz..... \$5.65

## **DRAIN CLEANERS**

### **Drain Cleaner (Nature Clean)**

Contains enzymes and highly active bacteria used for degrading many kinds of waste. It reduces odor, starches, carbohydrates, cellulose, fats, grease and oils. Plus no fumes! Safe for PVC, copper, ceramic, porcelain and all pipes and a great septic tank treatment. 33.5 oz..... \$4.67

### **Natural Earth Enzymes (Earth Friendly)**

Cleans and frees flowing drains, clogged septic tanks, and cesspools. Designed to quickly digest solid wastes, converting them to an easily disposed of liquid state through natural enzymatic action. 32 oz ..... \$9.49

## **TOILET CLEANERS**

### **Toilet Bowl Cleaner (Descale-It)**

A liquid bowl cleaner that clings to porcelain while its active ingredients penetrate and remove the toughest rings and rust stains. Will not harm septic systems. Freshens bathroom bowls with a pleasant scent. 16 oz..... \$4.99

### **Toilet Bowl Cleaner (Nature Clean)**

All natural, septic safe. Created without hydrochloric acid so it's non-toxic and non-corrosive with Thyme Oil and Australian Tea Tree Oil to add natural antiseptic and disinfectant properties. 33.5 oz ..... \$5.44

**CARPET & FLOOR**

**Carpet Shampoo (AFM)**

Odorless, dye-free rug, carpet shampoo is Non-toxic, non-corrosive, nonflammable and biodegradable. Will not irritate eyes or skin. A strong cleaner and odor remover. Contains no harmful chemicals like ammonia, butyl ethers, alcohols, phosphates, caustics or acids.

Quart.....\$12.67  
 Gallon..... \$26.67



**Carpet Seal (AFM)**

Unique sealer designed to prevent the out gassing of harmful chemicals used in carpet backing. These chemicals include such known carcinogens as formaldehyde, toluene, benzene, xylene and styrene. Is odor free and when properly applied, effectively blocks out gassing for up to five cleanings or one year? One gallon covers about 300 square feet.

Quart .....\$15.00  
 Gallon..... \$31.33

**Lock Out (AFM)**

Non-toxic, odor free carpet and rug sealer and stain blocker that repels dirt and stains from carpet and seals harmful odors of carpet from out gassing. One gallon covers approximately 300 square feet.

Quart .....\$13.84  
 Gallon.....\$29.00

**Floor Cleaner (Earth Friendly)**

Effective way to clean daily spills or the entire floor with no need to rinse. Cleans and protects the sealants in the hardwood or laminate wood floors. Will not strip wax or seals. 22oz spray .....\$3.75

**CELLOPHANE BAGS**

Heavyweight Cellophane 100% Biodegradable FDA Approved This film is clear and shiny. It is considered high grade packaging and is used for all types of products including the storage of food. Some food products that store well include baked goods, candies, nuts, dried fruits, spices, cake mixes and produce/lettuce greens. It also works well for greasy and oily products.

11 3/4" x 17".....\$ .79 ea.  
 6" x 9" .....\$ .43 ea.

**FRUIT AND VEGETABLE WASH**

**All Purpose Cleaning Lotion (Nature Clean)**

Can be used for everything from laundry liquid to hand dishwashing to cleaning Fruits & Vegetables. Formulated without Sodium Lauryl Sulphate or Cocamide DEA. Free of formaldehyde based preserving agents, solvents, dyes and perfumes. Manufactured from corn and coconut derived ingredients. Use for washing fruit and vegetables, dishes, light duty cleaning.

33.5 oz..... \$5.44

**Fruit and Vegetable Wash (Earth Friendly Products)**

Helps remove soil, dirt and waste from the surface of fruits and vegetables. This wash rinses away clean and leaves no after taste. Ingredients: Water, Surfactant (plant derived) and Citric Acid. 22oz.....\$4.98

**Fruit & Veggie Spray Wash (Nature Clean)**

Designed for easy-to-clean produce such as apples, tomatoes, and bell peppers. No taste is odorless, residue-free and helps remove surface pesticides, chemicals, bacteria, wax and dirt. 16.5 oz .....\$5.00





## GENERAL CLEANING PRODUCTS

### All Purpose Cleaner (Seventh Generation)

Effectively cleans and degreases hard surfaces both inside and outside your home. Excellent for wet mopping. Not recommended for use on wood floors. Truly free and clear of fragrances, dyes, and masking agents. Non-toxic & biodegradable. Hypo-allergenic 32 oz Spray ..... **\$5.57**

### CitriSafe Mold Solution

Ingredients: Proprietary blend of botanicals. Use for: Tub & Showers, Beds & Bedding, Cribs, Bassinets, Carpets, and many more Mold Solution. Concentrate. 16 oz..... **\$29.93**

### Creamy Cleanser (Earth Friendly)

A natural based cream cleanser that is extremely effective at cleaning stainless steel, porcelain, hard surface counters and corian counter tops, is a non-abrasive. Contains lemon oil, water, Xanthum gum, and crystalline silica. 16 oz.... **\$7.06**

### Green (Neolife)

Concentrated cleaning liquid that thoroughly, yet gently, dissolves dirt. Ingredients: Water, Laramie tea, tea laurel sulfate, cocamidopropyl betaine, hydrolyzed animal protein, kelp, citric acid, tetrasodium, edta, preservative  
 Quart..... **\$20.95**  
 Gallon ..... **60.50**



**Super Clean All Purpose Cleaner and Degreaser (AFM) Concentrated**  
 All-Purpose industrial strength cleaner. Nontoxic, odor free, dye-free and biodegradable. Contains no phosphates, alkalizes, acids, ammonia, butyl ethers, chlorine bleach or masking agents.

Quart ..... **\$10.34**  
 Gallon..... **\$25.08**

## GLASS & WINDOW

### Glass & Window Cleaner (Nature Clean)

Ammonia-Free alternative! It leaves glass, mirrors, windows, and chrome fixtures clean and streak-free. Ingredients: water, fatty polyglycoside, witch hazel extract and vinegar. 31.5 oz ..... **\$4.90**

### Window Kleener (Earth Friendly)

Ready-to-use, non-filming, dust resistant cleaner. It cleans glass and other hard surfaces quickly without streaking. This product does not contain phosphates, dyes or perfumes. Ingredients: purified water, vinegar, ethanol, and coconut based surfactant. 22 oz..... **\$3.89**



## FURNITURE POLISH

### Furniture Polish (Earth Friendly)

Specially formulated with olive oil and orange oil protects, cleans and cares for your wood while bringing out its natural beauty. Natural orange scent. 22 oz ..... **\$4.89**

## KITCHEN

### AUTOMATIC DISHWASHER

#### Automatic Dishwasher Gel (Nature Clean)

Hypo allergic, phosphate free and chlorine free. Cleans dishes without those toxic chemical fumes wafting through your kitchen and nasty chemical residue that's left on your dishes. Ingredients: water, sodium silicate, sodium citrate, xanthan gum, modified fatty alcohol polyglycoether, sodium polyacrylate polymer, and sodium bicarbonate (baking soda). 64.1 oz..... **\$13.95**

#### Rinse Agent (Nature Clean)

Film and spot remover all natural, without Chlorine, Phosphates, Phosphate replacements such as EDTA / NTA, dyes or perfumes. You get clean dishes without those toxic chemical fumes wafting through your kitchen and nasty chemical residue left on your dishes. Ingredients: water, fatty polyglycoside, citric acid, and ethyl alcohol. 8oz.....**\$5.95**



### DISHWASHING PRODUCTS



#### All Purpose Cleaning Lotion (Nature Clean)

Can be used as a laundry liquid, hand dishwashing, cleaning fruits & vegetables. Formulated without Sodium Lauryl Sulphate or Cocamide DEA, both of which are widely found in other traditional cleaning products and are suspected carcinogens. Free of harsh formaldehyde based preserving agents, solvents, dye and perfumes. 33.5 oz..... **\$5.44**

#### Dishmate (Earth Friendly)

Natural Almond Scent. Gives pots, pans and other cooking utensils a bright luster. Contains no dyes, phosphates or perfumes. Does not contain Sodium Lauryl Sulfate or Cocamide DEA. Ingredients: Water, Coconut Oil Derived Surfactants, Salt, Almond Oil and Cherry Oil. 25 oz. **\$4.05**

#### Dishmate Free & Clear (Earth Friendly)

Powerful liquid hand dish washing product free of fragrance that is mild on sensitive skin. The concentrated formula can be used as a cleaner for hand washable clothes too. Made with coconut oil based surfactants, salt. 25oz ..... **\$4.00**

#### Dishwashing Liquid (Nature Clean)

Unscented all natural liquid hand washing and dishwashing that is SLS and phosphate free. Ingredients: water, fatty polyglycoside, cocobetaine, cocodimethyl amine oxide, cellulose colloids, sodium gluconate and sodium hydroxymethylglycinate. 33.5 oz..... **\$4.85**  
Gallon..... **\$17.95**

#### Wave Auto Dish Gel (Earth Friendly)

New High Performance Wave Gel has been rated as the most effective natural auto dish product. Now with Lavender oil for fragrance. Wave is free of phosphates, chlorine and caustics. This plant-based product has a neutral pH and is fully biodegradable. It works beautifully on your dishes, silverware, and glassware. 32oz ..... **\$4.27**

## LAUNDRY

### LAUNDRY SOAP

#### **2X Ultra Concentrate Liquid (Earthview)**

Concentrate laundry detergent, tough on stain  
Nontoxic 100% biodegradable, no phosphates, parabens,  
phthalates, formaldehyde or petrochemical  
50 FL oz. ....\$9.89

#### **ECOS Free & Clear Liquid (Earth Friendly)**

Made for people with strong sensitivities to fragrance, fabric softeners, or cellulose optical brighteners, does not contain any essential oils for fragrance, nor does it contain any soy based fabric softener or cellulose optical brighteners. The Ph is neutral. No coloring is added. Because natural ingredients are used color and consistency may vary. Use in front loaders and high efficiency wash machines. 100% natural anionic coconut kernel oil based surfactant, soap bark, chamomile, horsetail plant, purified water. 50oz..... \$6.45

#### **Laundry Liquid (Nature Clean)**

All natural, hypoallergenic, non-toxic, unscented makes cloths clean without using any optical brighteners or other harmful, toxic chemicals. It's formulated without enzymes, phosphates, EDTA & NTA, chlorine bleach, synthetic dyes & perfumes, or optical brighteners. Low foaming formula is vegetable based derived from corn and palm kernel oil. Ingredients: water, fatty polyglycoside, sodium citrate, cellulose collides and sodium hydroxymethylglycinate. 61.5 oz..... \$11.55



#### **Ultra-Landry Powder (Nature Clean)**

All natural unscented and hypoallergenic formulated without enzymes, phosphates, EDTA & NTA, chlorine bleach, synthetic dyes & perfumes, or optical brighteners. Low foaming, derived from corn & palm kernel oil. Ingredients: sodium chloride, sodium carbonate, fatty polyglycoside, silicates, zeolite, sodium citrate, cellulose collides. 7.5 lb. (58loads) .....\$16.50

### STARCH

#### **All Natural Spray Starch (Earth Friendly)**

All-natural, non-aerosol light starch. Revives fabrics for crisp, fresh, static-free clothing. Cotton blossom essential oil adds pleasure to your ironing. Contains water, corn starch and cotton blossom oils. 22 oz..... \$3.98

### FABRIC SOFTENER

#### **Fabric Softener (Nature Clean)**

Naturally softens and removes static cling. Created without enzymes, phosphates, quaternary ammonium compounds, imidazolidinyl, or other suspected carcinogens. Ingredients: water, difatty quaternary, fatty polyglycoside, jojoba oil, potassium sorbate and glycerol monostearate. 33.5 oz...\$5.75

#### **Fabric Softener (Seventh Generation)**

Free & Clear, Canola-based softener makes your laundry naturally fluffy, cuddly, and static-free. Add to your final rinse cycle when machine washing. Use less Natural Fabric Softener when hand washing. 40 oz.....\$8.01

### LAUNDRY BLEACH

#### **Oxygen Bleach (Nature Clean)**

Chlorine Free, all natural created from hydrogen peroxide. It works by releasing oxygen to perform the leaching process, and converting itself into simple H<sub>2</sub>O (water and oxygen) once the process is complete. Naturally formulated without chlorine, phosphates, enzymes, or perfumes. 122.50oz .....\$12.66

## LABORATORY TEST KITS

Mold is a very common household problem. Many different types of molds exist indoors and outdoors. Some molds have been identified as major contributors to seasonal and perennial allergic rhinitis and other health problems.

### AIRBORNE MOLD TEST SET

This kit is used for identification of the various types of mold and the degree of infestation. The kit offers an easy and inexpensive way to find out if you have mold, the type and the amount of concentration in the air. Results indicate the specific type(s) of mold found and the degree of infestation. (Example: Aspergillus with light infestation.)

These kits require simply placing a test plate(s) in the open for 30 minutes, then returning it to the address provided in the package. Mold plate(s) must be used between one to two weeks of purchase. Laboratory fees are included in price. Results will be mailed to you within 6-8 weeks. (Mold plates are shipped UPS 2nd Day Air.)

One Plate ..... **\$49.95**  
 Four Plates..... **\$189.95**



## MEDICAL SUPPLIES ECOLOGICAL MASKS

These masks filter the air you breathe. In most cases the charcoal filter will reduce or eliminate odors. The mask (cotton or silk) contours to the face, covering the mouth and nose. A filter is inserted into a "pocket" in the mask and is available in coconut, bituminous or lignite charcoal.

### Masks (Does not include filter)

Cotton Mask with Cotton Elastic ..... **\$21.95**  
 Cotton Mask with Cotton Tie-backs ..... **\$21.95**  
 Silk Mask with Elastic or Tie-backs..... **\$29.95**

### Ecological Mask Filter Refills

Coconut, Bituminous, or Lignite Coal..... **\$ 18.95**

*Coconut Charcoal* is an activated carbon derived from natural grain coconut shell.

*Lignite Charcoal* and *Bituminous Charcoal* are activated coal based carbons.

*(Sorry all sales for masks, filter refills, ceramic masks syringes and oxygen tubing are final. No returns.)*



## WATER TEST KIT

Professional Lab results. Test water for 107 items including Bacteria (Total Coliform and E-Coli), 22 heavy metals and minerals including lead, iron arsenic and copper; 7 other inorganic compounds including nitrates and nitrites; 5 physical factors including pH, hardness, alkalinity; 4 Trihalomethanes (THMs) and 47 Volatile Organic Chemicals (VOCs) Kit includes six sample bottles. Just fill the sample bottles and mail to the lab. Price includes analysis which lists contaminants and levels. Results take approximately 10 business days ..... **\$216.95**

(Sorry, no returns permitted on either mold or water test kits)

**EMF TRI-Field Meter** ..... **\$219.26**

**Peal Flow Meter** ..... **\$24.95**

## MISCELLANEOUS SUPPLIES

### Antiseptic Benzalkonium Chloride Towelettes.

100 per Box ..... **\$9.75**

### Ceramic Oxygen Mask

Glazed, off-white finish, Tubing and ties not included. One large hole on both sides..... **\$54.00**

**Tygon Tubing for Oxygen Mask** (1/4 I.D.- 3/8 O.D.) Fits standard oxygen regulators, specify length. Per foot... **\$3.54**

**Glass Humidifier** With anodized aluminum lid for oxygen tank ..... **\$74.63**

### Syringes (BD)

**Prescription required**, 25 syringes per pack..... **\$5.95**  
 5536 testing 3/8", 1/2cc, 27g  
 5541 testing 3/8", 1cc, 27g  
 5535 treatment 1/2", 1/2cc, 27g  
 5537 treatment 1/2", 1cc, 26g

**Aluminum Masks:** ..... **\$49.95**

**Oxygen Frames** ..... **\$70.00**

[www.aehf.com](http://www.aehf.com) or 800/428-2343

# NUTRITIONAL SUPPLEMENTS

Prices are subject to change without notice.



## AEHF

Tri-Salt Powder (calcium carbonate, potassium bicarbonate, and sodium bicarbonate), 120 grams.... **\$13.45**

### Allergy Research Group

5-HTP, 50 mg/150 Caps.....	<b>\$47.26</b>
AntiOx, 120 Caps.....	<b>\$39.82</b>
Calcium Citrate, 150 mg/180 Caps.....	<b>\$22.20</b>
Copper Sebacate, 75 Caps.....	<b>\$13.14</b>
Free Aminos, 100 Caps.....	<b>\$38.98</b>
Germanium, 150 mg/36 Caps.....	<b>\$43.78</b>
L-Arginine, 500 mg/100 Caps.....	<b>\$16.62</b>
L-Glutamine, 500 mg/100 Caps.....	<b>\$17.71</b>
L-Lysine, 500 mg/100 Caps.....	<b>\$11.32</b>
L-Methionine, 500 mg/100 Caps.....	<b>\$19.98</b>
L-Tyrosine, 500 mg/100 Caps.....	<b>\$20.06</b>
Melatonin 1.2 mg/60 tab.....	<b>\$16.82</b>
MSM 170 mg/150 Caps.....	<b>\$20.29</b>
Magnesium Citrate, 170 mg/90 Caps.....	<b>\$13.35</b>
MultiMin, 120 Caps.....	<b>\$21.08</b>
MultiViMin (adult), 150 Caps.....	<b>\$27.04</b>
NAC, 500 mg/120 Tabs.....	<b>\$28.04</b>
Nattokinase 72 mg, 90 Caps.....	<b>\$55.70</b>
Ox Bile 500mg/100 cap.....	<b>\$17.67</b>
Pancreas - Beef, 90 Caps.....	<b>\$15.34</b>
Pancreas - Lamb, 90 Caps.....	<b>\$23.04</b>
Pancreas - Pork, 60 Caps.....	<b>\$17.72</b>
Phloe 60 caps.....	<b>\$25.95</b>
Potassium Citrate. 99 mg/120 Caps.....	<b>\$11.36</b>
Pure Ascorbic Acid (Corn)	
Powder, 120 grams.....	<b>\$16.11</b>
100 Caps.....	<b>\$19.80</b>
Quercetin Bioflavonoids, 100 Caps.....	<b>\$20.00</b>
Super B Complex, 120 Caps.....	<b>\$18.96</b>
Super D3 2000 IU, 60 Caps.....	<b>\$14.28</b>
Taurine 500 mg/100 Caps.....	<b>\$13.07</b>
Pregnenolone- 50mg/60tabs.....	<b>\$21.46</b>

(Allergy Research continued)

Vitamin C, Buffered (Corn)	
Powder, 240 Grams...	<b>\$24.28</b>
500 mg/120 Caps....	<b>\$16.58</b>
Vitamin C, Buffered (Cassava)	
Powder 300grams...	<b>\$27.20</b>
500 mg/120 Caps.....	<b>\$17.82</b>

Zinc Citrate, 25 mg/60 Caps.....	<b>\$6.36</b>
Zinc Picolinate. 25mg/60 Caps.....	<b>\$10.91</b>

### Bio-Tech, Inc.

B-Stress, 100 Caps.....	<b>\$12.60</b>
Cu-5 (Copper), 5 mg/100 Caps.....	<b>\$8.40</b>
Curcumin, 500 mg/100 Caps.....	<b>\$36.00</b>
D-3-5,	
100 Caps.....	<b>\$8.40</b>
250 Caps.....	<b>\$15.70</b>
D-Mannose,	
50 grains Powder.....	<b>\$32.00</b>
100 grams Powder.....	<b>\$50.00</b>
Evening Primrose,	
500 mg. 100 Soft gels.....	<b>\$23.60</b>
FA-8 (Folic Acid), 800 mcg/100 Cap.....	<b>\$6.30</b>
Folic Acid	
5 mg/100 Caps.....	<b>\$12.00</b>
Lipoic Acid, 300 mg/100 Caps.....	<b>\$58.00</b>
Lithate, 5 mg/100 Caps.....	<b>\$19.40</b>
Mag-ORO. 100 Caps.....	<b>\$24.00</b>
Melatonin	
3 mg/100 Caps.....	<b>\$22.00</b>
5 mg/100 Caps.....	<b>\$30.00</b>
20mg/ 100 Caps.....	<b>\$70.00</b>
Psyllium Husk. 16 oz. Powder.....	<b>\$13.70</b>
Ubiquinol (COQ-10) 50mg/90gels.....	<b>\$39.00</b>
Vitamin K (1) 1000 mcg.....	<b>\$18.00</b>

### Lidtko

L-Tryptophan 60/120 caps 500mg.....	<b>\$28.20</b>
.....	<b>\$45.11</b>

### Numedica

Micellized D3 1,000IU.....	<b>\$19.62</b>
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### Cardiovascular Research/Ecological Formulas

Chondrosamine, 60 Caps .....	\$24.95
Co-Enzyme B Complex, 100 Caps .....	\$17.99
D-Ribose, 60 grams .....	\$20.00
Magnesium ATP, 60 Tabs .....	\$8.00
Magnesium Taurate, 60 Caps .....	\$13.95
Pantethine (Vitamin B-5), 60 Tabs .....	\$21.99
Pure Vitamin C, 150 grams .....	\$23.53
Vitamin C (Tapioca), 1,000 mg/90 Caps .....	\$20.59
Tri-Salts, 200 grams .....	\$9.80
Zinc Picolinate, 25 mg/60 Caps .....	\$9.95
Refuxin90 tab .....	\$6.75

### Carlson

Calcium Glycinate, 180 Tabs .....	\$27.70
Magnesium Glycinate, 180 Tabs .....	\$33.40
Manganese Chelated 20 mg/100 Tabs .....	\$11.80
Norwegian Cod Liver Oil, 100 softgel .....	\$16.90
Norwegian Salmon Oil, 1000 mg/180 Softgels .....	\$28.50
Vitamin D 400iu/100 softgel .....	\$6.50
Carlson Citrate (180tabs/200mg) .....	\$33.95

### Designs for Health

Aloe/200x, 30 Caps .....	\$26.00
Carnitine Tartrate Powder, 100 grams .....	\$54.00
Glutathione Power, 50 grams .....	\$84.00
L-Glutamine Powder, 250 grams .....	\$34.00
Oil of Oregano, 60 Softgels .....	\$13.00
Phosphatidyl Choline Powder, 300 grams .....	\$41.00
Phosphatidyl Serine, 60 Caps .....	\$61.00
Policosanol+Gugulipid, 60 Caps .....	\$36.00
SAME, 200 mg/30 Tabs .....	\$34.00
Super Liquid Folate 1 oz .....	\$28.00
Ultra B12-Folate, 90 Caps .....	\$28.00
Phosphatidyl Choline Softgels 180/420mg .....	\$39.00
Xanthomega Krill Oil Softgels 60 .....	\$52.00

### Drucker Lab

IntraMax, 32 oz. Liquid (Peach flavor) .....	\$80.00
IntraMin, 32 oz. Liquid (Unflavored) .....	\$70.00

### Freeda

B1 (Thiamin) 100 mg/100 Tabs .....	\$8.35
Betaine HCl,	
300 mg/100 Tabs .....	\$9.90
300mg/250 Tabs .....	\$19.80
Calcium Gluconate, 300mg/100 Tabs .....	\$8.40
L-Carnitine, 500 mg/50 Tabs .....	\$29.95
L-Threonine, 500 mg/100 Tabs .....	\$25.95
Magnesium Gluconate, 500 mg/100 Tabs .....	\$8.40
Niacin, 50 mg/100 Tablets .....	\$6.92
Saw Palmetto Extract, 160 mg/100 Tabs .....	\$23.75
Vitamin B2, 50 mg/100 Tabs .....	\$11.45
Vitamin B-12, 50 mcg/100 Lozenges .....	\$6.45

### GNLD

Acidophilus Plus, 104 mg/60 Caps .....	\$70.69
Carotenoid Complex, 900 mg/90 Caps .....	\$65.39
Cod Liver Oil, 5,000 IU/140 Softgels .....	\$45.59
Omega III Concentrate, 60 Softgels .....	\$31.59
Salmon Oil, Omega III, 90 Softgels .....	\$45.75
Vitamin A, 250 Softgels .....	\$35.89

### Integrative Therapies

Glucosamine Sulfate+Chondroitin, 500 mg/90 Tabs .....	\$32.80
Selenium, 200 mcg/90 Tabs .....	\$11.50
Total Formula 3 without iron, 60 Tabs .....	\$16.00
Pantothenic Acid, 500 mg/90 Tabs .....	\$22.44
Vitamin D3, 1000 IU/90 Tabs .....	\$8.30

### Karuna

DuoZyme, 180 Caps .....	\$36.25
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### Key Company

Fibro-XL, Fiber Laxative, 210 Caps .....	\$17.00
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### Kirkman Laboratories

Bifido Complex Advance	
Formula .....	\$31.50
Multi-Flora Spectrum (high potency probiotic supplement)	
60 Caps (30 billion CFUs per cap) .....	\$39.50
Cranberry Extract, 100 Caps .....	\$38.00

### Klaire Labs (formally Vital Life)

Acetyl L-Carnitine, 250 mg/100 .....	\$29.90
Alpha-Ketoglutaric Acid, 300 mg/60 Caps .....	\$14.50
Amino Acid Complete, 150 Caps .....	\$31.90
B Complex Plus, 100 Caps .....	\$19.95
B-6, 250 mg/150 Caps .....	\$19.90
Cal-Assimilate Plus, 150 Caps .....	\$23.95
Calcium Complex, 200 mg/90 Caps .....	\$16.80
Chromium Picolinate Plus, 100 Caps .....	\$14.95
CoQIO, 100 mg/30 Caps .....	\$29.95
L-Glutamine, 500 mg/100 Tabs .....	\$16.95
Magnesium Citrate, 150 mg/90 Caps .....	\$11.90
Magnesium Glycinate Complex 100mg/100 caps .....	\$14.70
Micel A, 1 oz. Liquid Bottle .....	\$17.00
Multi Mineral Complex 100 Caps .....	\$14.95
Multi Mineral No Iron, 100 Caps .....	\$16.61
Multi Vitamin Complex, 60 Caps .....	\$17.00
Oxy-Gard Forte, 60 Caps .....	\$23.90
P5P, Pyridoxal/5 Phosphate, B6 Metabolite, 100 C. .....	\$20.55
Pro-5, 60 Caps .....	\$28.90
Probiotic Complex with FOS	
2 oz. Powder .....	\$22.90
100 Caps .....	\$19.90
Pure E, 400 IU/100 Softgels (soy-based) .....	\$40.95
Reduced L-Glutathione	
75 mg/100 Caps .....	\$25.90
150 mg/100 Caps .....	\$41.90
Seleno Met, 100 Caps .....	\$12.90

(Klaire Laboratories continued)

SerenAid, 180 Caps.....	<b>\$51.90</b>
Taurine, 500 mg/100 Caps .....	<b>\$9.95</b>
Ther-Biotic Complete, 60 Caps .....	<b>\$42.90</b>
Vital-10	
100 Caps .....	<b>\$21.90</b>
2 oz. Powder .....	<b>\$26.90</b>
Vital Dophilus Plus	
100 Caps.....	<b>\$18.90</b>
2 oz. Powder .....	<b>\$21.90</b>
Vital Immune Biotic 100 Caps.....	<b>\$19.50</b>
Vital Plex	
100 Caps .....	<b>\$19.90</b>
2 oz. Powder .....	<b>\$25.90</b>
Vital-Zymes Forte, 120 Caps .....	<b>\$28.48</b>
Vitamin C, Ascorbic Acid Pdr, 250 grams(Corn)....	<b>\$29.95</b>
Vitamin C, Multi-Element (Buffered) (Corn)	
Powder, 250 grams .....	<b>\$35.95</b>
600mg/100 Caps .....	<b>\$22.95</b>
Zinc Plus, 15 mg/60 Caps.....	<b>\$7.90</b>

**Metagenics**

Ultra Clear, 32.6 oz.....	<b>\$80.46</b>
Ultra Clear Plus, 32.6 oz .....	<b>\$87.11</b>
Ultra Clear Sustain, 29.4 oz.....	<b>\$76.07</b>

**Perque**

Digesta Guard Forte, Probiotic, 150 Caps .....	<b>\$61.03</b>
Potent C Guard (potato base),	
Buffered 1,000 mg/100 Tabs .....	<b>\$28.56</b>
Buffered Ascorbate Powder, 8 oz .....	<b>\$34.93</b>

**Solgar**

Gentle Iron, 25 mg/90 Caps .....	<b>\$10.39</b>
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**Pharmax**

Finest Pure Fish Oil 6.8oz .....	<b>\$25.87</b>
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**Thorne**

Biotin-8 8,000 mg/60 Caps .....	<b>\$19.83</b>
Dehydrone-5 (DHEA), 5mg/90 Caps .....	<b>\$9.75</b>
Formula SF722 (Castor Bean Oil), 250 Caps .....	<b>\$27.00</b>
Glycine, 500 mg/250 Caps .....	<b>\$16.50</b>
Olive Leaf Extract, 60 Caps.....	<b>\$19.16</b>
Sacro-B, 250 mg (sacc.Boulardi), 60 Caps.....	<b>\$30.60</b>

**Twin Lab (others avail.)**

Alpha Lipoic Acid, 100 mg/60 C Caps.....	<b>\$19.20</b>
B-6, 100 mg/100 Caps.....	<b>\$9.97</b>
B-12 Dots, 100 Lozenges .....	<b>\$20.46</b>
Biotin Caps, 600 mcg/100 Caps.....	<b>\$10.49</b>
Calcium Citrate w/Magnesium (Oxide), 150 Caps. ...	<b>\$17.85</b>
Folic Acid, 800 mcg/100 Caps .....	<b>\$8.92</b>
Magnesium Caps, 400 mg/100 Caps .....	<b>\$9.37</b>
Pantothenic Acid (B-5), 500 mg/100 Caps.....	<b>\$14.69</b>

**Vital Nutrients (others avail.)**

Black Current Seed Oil 100gels .....	<b>\$25.33</b>
Borage Oil 60 caps .....	<b>\$19.12</b>

## PERSONAL CARE

### ANTI-PERSPIRANTS/DEODORANTS

#### Active Enzyme Deodorant (Kiss My Face)

Stick Deodorant with baking soda and clay. Ingredients: Propylene Glycol, Water, Sodium Stearate, Natural Vegetable Enzyme, Kaolin (Clay), Sodium Bicarbonate (Baking Soda), Grapefruit Seed Extract. Fragrance-free. 2.48 oz..... **\$5.87**

#### Alvera Aloe Deodorant (Texas Best Unlimited L.P.)

Unscented, natural, all vegetable roll-on deodorant. Ingredients: 75% Aloe Vera Gel, Herb Water (containing Arnica, Calendula, Gentian Root and Coriander), Alcloxa (contains allantoin), Glyceryl Stearate, Gum Arabic, Whole Oat Protein, witch-hazel, Grapefruit Seed Extract, Comfrey, TEA. 3 oz ..... **\$4.95**

#### Deodorant (Naturally Fresh)

Effectively eliminates body and foot odor. 100% pure and natural, hypoallergenic. Spray Mist (Purified Water, Mineral Salts) 4 oz..... \$3.99  
Deodorant Crystal Rock (Natural mineral salts, Ammonium Alum.) 3oz ..... **\$4.95**

#### Liquid Rock (Kiss My Face)

100% effective in preventing body odor. Single application lasts all day, neutralizes natural body acids in perspiration. Natural, safe, effective and fragrance-free. Ingredients: Water, Potassium Alum, Hydroxyethylcellulose, Solix Alba (Willow) Bark Extract, UsneaBarbata (Lichen) Extract, Trisodium EDTA, Phenoxyethanol, Potassium Sorbate, Sodium Benzoate 3 oz ..... **\$5.99**

#### Naturally Fresh Deodorant Stick for Men (Jason)

Unscented long lasting. Unique antioxidant formula of baking soda, green tea, lichen extracts. Vitamins E & C work to neutralize and protect against perspiration. No aluminum chlorhydrate, alcohol, irritating chemical bactericide or animal by-products. 2.5 oz ..... **\$6.95**

#### Naturally Fresh Deodorant for Women (Jason)

Unscented stick, long lasting, especially gentle for women's tender skin. Helps stop wetness. Unique antioxidant formula of baking soda, green tea, lichen extracts plus Vitamins E & C work to neutralize and protect against perspiration. Contains no aluminum chlorhydrate, alcohol, irritating chemical bactericide or animal by products. 2.5 oz..... **\$6.95**

#### Natural Deodorant Stick (Tom's of Maine)

Natural deodorant combines the natural odor-fighting botanicals, lichen and coriander, with soothing, gentle aloe vera. Mild but effective, no alcohol, artificial preservatives, or synthetic ingredients. 2.5 oz..... **\$7.29**

#### Natural Long-Lasting Deodorant Stick (Tom's of Maine)

Effective, long-lasting, natural, aluminum-free formula fights odors. Zinc ricinoleate, sourced from castor beans, absorbs and neutralizes odor, while the natural botanicals lichen and coriander neutralize bacteria. 2.5 oz..... **\$7.34**

## DENTAL

### MOUTHWASH

#### H.P.M. (Heritage Products)

Hydrogen Peroxide Mouthwash  
A foaming, oxygenating rinse for the mouth and gums in a pleasantly flavored base. 16oz ..... **\$8.00**



#### Natural Baking Soda Toothpaste (Tom's of Maine)

All natural, contains no saccharin, artificial sweeteners, artificial colors or flavors, preservatives, or animal ingredients. Fluoride free. Available in cinnamon, peppermint, fennel and spearmint. 6 oz..... **\$6.73**

#### Peelu Toothpaste (Peelu Products)

100% non-abrasive. No artificial preservatives, no saccharin, sugar free. No animal ingredients. Whitens and protects naturally for cleaner, healthier teeth. Available in cinnamon, peppermint and spearmint. 3 oz..... **\$6.99**

## HAIR CARE

### CONDITIONERS

#### Aloe Vera Conditioner (Millcreek)

Natural and organic Aloe Vera blend with Chamomile and Vitamin E leaves hair full of shine. Panthenol helps repair split ends and helps strengthen your hair, ph balanced, no artificial colors, paraben free. 16 oz ..... **\$9.89**

#### Free & Clear Hair Conditioner (Vanicream)

Non-medicated that is gentle to both hair and scalp. Specially formulated to avoid common chemical irritants. Leaves hair clean and manageable recommended for all hair types, including permed and colored hair 12 oz ..... **\$12.93**

#### Hair Conditioner, Detangler, & Spray Shine (Magick)

Fragrance-free, excellent for children, adults and people with dry hair and scalp. Spray on wet hair for detangler and comb through hair. For curly hair or gloss, spray on dry hair. Nontoxic and odor free. 6 oz. Non-Aerosol Sprayer.. **\$16.95**

#### Daily Conditioner (Jason)

Soft like silk, never weighs hair down ,adds shine..... **\$8.49**

[www.aehf.com](http://www.aehf.com) or 800/428-2343

**Pure Sensitive Conditioner (Nature Clean)**

Fragrance-free, hypoallergenic. For sensitive skin with Water, Cetearyl Alcohol, Stearalkonium Chloride, Sunflower Seed Oil, Hydroxyethyl Cellulose, Panthenol, Sorbitol, Bisabolol, Tocopheryl Acetate, Ethylhexylglycerin, Citric Acid, Phenoxyethanol.

10oz..... \$11.75

**Oil Free Fragrance Free Conditioner (Magick)**

Botanical extracts, Aloe Vera and Panthenol (B-5) in a base of coconut derived moisturizers. Fragrance Free.

16 oz..... \$14.50

**Organics Hair Care Conditioner (Desert Essence)**

A gentle yet effective unscented conditioner. The ingredients work synergistically to create gloss and shine. Organic Extracts and oils provide moisture, minerals, and vitamins that hair needs to grow healthy. 8oz..... \$8.99

**Earth Science Essentials Conditioner (Earth Science)**

Extra gentle conditioner for sensitive hair and scalp. 100% fragrance free conditioner revitalizes natural structure adding body and shine to hair. Soy proteins, jojoba oil and nettle extract help to repair split ends and protect against further damage. 12 fl. Oz..... \$7.25

**Conditioner for Thinning Hair (Magick)**

A fragrance free conditioner for thinning hair, formulated for healthy hair and scalp. This popular formula uses the highest quality ingredients for chemically sensitive individuals. Safe to use on colored or treated hair. 16 oz..... \$10.49

**Keratin Conditioner (Millcreek Products)..... \$7.51**

**GEL AND JELLY**

**Free & Clear (Vanicream)**

A long-lasting styling gel for those who need, or want, to avoid common chemical irritants found in ordinary hair styling gel products. It is free of alcohol, dyes, fragrance and masking fragrance, lanolin, parabens, formaldehyde and other preservatives. 7 oz..... \$11.97

**Fragrance Free Hair Styling Gel (Magick)**

By request they created a hair styling gel without adding a fragrance. Firm Hold. Ingredients: PVP K-30, Propylene Glycol, Carbomer, Triethanolamine, Methyl Paraben, Propyl Paraben, Disodium EDTA. 8 oz.....\$10.45

**SHAMPOOS**

**Aloe Vera Shampoo (Millcreek)**

Natural and organic ingredients Soothe dry scalp and restore the natural moisture balance of your hair. Unique blend with Keratin and Vitamin E softens, protects and moisturizes. Mild, everyday formula. No artificial colors or sodium lauryl sulfate. Paraben free 16 oz.....\$9.89

**Earth Science Shampoo (Earth Essentials)**

Extra gentle shampoo for sensitive hair and scalp. Made especially for those sensitive to fragrance. Rich emollients protect natural oils and promote healthy hair and scalp. Extracts of wheat germ, jojoba and chamomile leave hair revitalized and manageable 12 oz.....\$7.25

**Daily Shampoo (Jason)**

Soft like silk without stripping away essential moisture. Never weighs hair down and adds softness, shine and manageability with Brown Algae and Vitamin B5. Free of Parabens, harsh chemicals, dyes, or fragrance. Perfect for all hair types 16 oz.....\$8.49



**Everclean Antidandruff Shampoo (Home Health)**

Contains Aloe Vera, Allantoin, Vegetable Protein, Panthenol, Vitamins A & D and Herbal Extracts. Relieves itching and scalp flaking, gentle moisturizing shampoo. leaves hair fresh, healthy and manageable. Contains no artificial preservatives or colors. 8 oz..... \$9.99

**Free and Clear Shampoo (Vanicream)**

Non-medicated that is gentle to both hair and scalp. Specially formulated to help control oily scalp, ideal for daily use, non-irritating, non-alkaline, hypo-allergenic protein-free, helps remove scales of dandruff leaves hair clean and manageable, recommended for all hair types, including permed and colored hair 12 oz..... \$12.93

**Pure Sensitive Shampoo (Nature Clean)**

Fragrance-free, hypoallergenic, for sensitive skin, with water, Cocoglucoside, Disodium Coccamphodiacetate, Caprylyl, Glycerin, Xanthan Gum, SapindusMukurossi Peel Extract, ChondrusCrispus, Citric Acid, Beta-Glucan, Bisabolol, Phenoxyethanol, Sodium Benzoate, Potassium Sorbate 10oz..... \$11.75

**Keratin Shampoo (Millcreek Products)**

Herbal formula for normal to dry damaged hair; enriched with Panthenol and Chamomile. Herbal fragrance added. 16 oz..... \$9.89

**Oil Free Fragrance Free Shampoo (Magick)**

Botanical extract, aloe vera and simple surfactants have made this shampoo popular with many who are allergic to fragrance. Ingredients: Purified water, Alpha Olefin Sulfonate, Cocamidopropyl, Betaine, Cocamide MEA, Methylparaben, and Propylparaben. 16 oz..... \$14.25

**Organics Fragrance Free Shampoo (Desert Essence)**

Gentle yet effective unscented shampoo. Organic extracts and oils provide moisture; minerals and vitamins that hair needs to grow stronger. Hair is softer, shinier and more manageable. 8 oz..... \$8.99

**SafeChoice Head and Body Shampoo (AFM)**

A unique, odorless, fragrance and dye-free head and body shampoo. It is non-irritating and leaves no residue. Excellent for children and as a bubble bath. Biodegradable and not toxic. Ingredients: Purified Water, Sodium Laureth Sulfate, Cocamide MEA, Citric acid. 16 oz..... **\$15.00**  
Gallon..... **43.40**

**Shampoo for Thinning Hair (Magick)**

Fragrance free shampoo, that strengthens the hair shaft and helps hair achieve its maximum growth potential. This gentle formula is safe on colored or treated hair. Only the highest quality ingredients for chemically sensitive individuals. No plant extracts. 16 oz ..... **\$14.25**

**HAIR SPRAY**

**Fragrance Free Hair Spray (Magick)**

By request we took a basic hair spray formula and created it without adding a fragrance. Firm Hold. Ingredients: SD Alcohol 40-2 (Grain Distilled) PVP-MA Copolymer. 6oz..... **\$10.45**



**Free & Clear Styling Finishing Hair Spray (Vanicream)**

Unique, preservative-free, sensitive skin formulas for all hair types. Created for anyone who needs or wants to avoid common chemical irritants found in ordinary hair sprays. 8oz..... **\$13.89**

**SHAVING CREAMS/LOTIONS**

**Moisturizing Shave Creme (Earth Science)**

Azulene, a soothing extract of German Chamomile and Hyaluronic Acid, nature's most powerful moisture binder, combined with an abundance of super-lubricants and herbal extract. Goes on smooth, rinses clean and provides a close shave with lasting moisture. 4 oz..... **\$5.75**

**Shave Cream (Vanicream)**

Non-lathering formula specially developed for those who have easily irritated, sensitive skin. It provides a smooth, close, comfortable shave by creating a protective barrier between the razor and your skin 6 oz ..... **\$ 10.77**

**Cream Shave Aloe (Avalon Organics) \$6.99**

With certified organic plant oils and aloe, these delectable cream shaves moisturize the skin and provide perfect razor glide for an elegantly smooth, close shave. Enriched with beta glucan, this wonderful cream helps speed the repair of wound.

**SOAPS AND BODY CLEANERS**

**BARSOAPS**

**All Natural Soap (Nature Clean)**

100% natural, truly hypoallergenic vegetable soap. Created without dyes, whitening agents, animal tallow, fragrances or harsh preserving agents. 3oz. Bar..... **\$4.45**

**Clearly Natural Glycerine Soap (Clearly Natural)**

Unscented, biodegradable, hypoallergenic/cruelty free. **4 oz. Bar** ..... **\$2.19**

**Green Mountain All Vegetable Soap (Green Mountain)**

Unscented bath and body soap high in glycerine but with no additives. No Dyes, No Fragrances, NO Additives of Any Kind. **4.25 oz. Bar** ..... **\$4.15**

**Green Mountain Original Soap (Green Mountain)**

Unscented bath and body soap high in glycerine but with no additives. No Dyes, No Fragrances, NO Additives of Any Kind. **4.25 oz. Bar** ..... **\$4.15**

**Olive and Aloe Soap (Kiss My Face)**

A natural cleansing and moisturizing soap. The richness of Olive Oil has been used for centuries to nourish and moisturize the skin, while Aloe Vera has long been acclaimed the "healing plant." These have been combined to create a unique cleansing bar. Fragrance added.

**4oz** ..... **\$3.89**

**8oz** ..... **\$3.89**

**Simmons Special Soaps (Simmons Body Care)** Simmons soaps are handcrafted with care using the traditional cold process method. Carefully cured to perfection, then individually wrapped by hand in beautiful, ecological, handmade Thai papers and labeled with recycled paper, printed with soy-based inks available in 4 types.

**Unscented oatmeal 4oz bar** ..... **\$4.29**

**Unscented 4oz bar**..... **\$4.29**

**Pure Olive Oil Soap (Kiss My Face)**

A natural cleansing and moisturizing soap. For centuries people of the Mediterranean have recognized the benefits of Olive Oil to the skin. Long-lasting and made from the purest, natural ingredients, it is a superb moisturizer suitable for all skin types.

**4oz** ..... **\$2.99**

**8oz** ..... **\$3.99**

**Vanicream Cleansing Bar**

A unique fragrance-free formula that moisturizes while gently cleansing the skin. Your skin will feel clean, fresh and soft without feeling dry or irritated. For face, hands and body for all skin types rich lather in hard or soft water free of common chemical irritants. **3.9 oz. Bar** ..... **\$4.00**



## LIQUID SOAPS

### Cleanser & Body Wash (Magick Botanicals)

All purpose cleanser for body, face and hair using sodium sarcosinate, a mild surfactant that was tested on humans with severe eczema and allergies. Can be diluted for use in household needs such as dishes and laundry.

16 oz ..... \$14.50

### Green Mountain Liquid Soap (Green Mountain Soap)

100% Castile, free of phosphates, animal tallow, dye and perfumes. 100% Pure Olive Oil Formulation

8oz. Pump ..... \$5.75

### Moisture Soap Liquid (Kiss My Face)

Kiss My Face Moisture Soap combines Olive Oil and Aloe Vera with Vitamins A, D & E. Plus herbs and flowers, each one selected for its healing, nourishing and softening properties. Fragrance free. 9 oz..... \$6.49

### Pure Soap (Nature Clean)

Water, Potassium Oleate, glycerin (plant derived skin conditioner), Sodium Chloride (table salt-viscosity enhancer)

Liquid soap 16 fl.oz ..... \$6.95

Liquid soap 34 oz..... \$10.25

## HAND AND BODY MOISTURIZERS

### Alba Very Emollient Body Lotion (Alba)

This deep, nourishing drink for dry, thirsty skin blends certified organic aloe vera, green tea and chamomile extracts for optimum moisture balance and therapeutic benefits.

12 oz ..... \$10.99

### Oil Free Moisture Lotion (Magick)

Plant waxes and botanical extracts in a simple formula that helps skin retain its moisture without leaving an oily film.

16 oz..... \$14.50

[www.aehf.com](http://www.aehf.com) or 800/428-2343

### Olive & Aloe Natural Ultra Moisturizer (Kiss My Face)

Highly recommended for sensitive skin, this fragrance free moisturizer softens with Olive Oil, Aloe Vera, and beneficial, natural herbs & flowers—a superb moisturizer for the face, body and hands that will protect your skin all day and revitalize it at night. 16 oz ..... \$11.95

## SUNSCREEN PRODUCTS

### Sun fragrance Free Sunscreen SPF15 (Alba Botanica)

Perfect for daily wear, fast absorbing lotion is non-greasy and fragrance free. A broad spectrum UVA and UVB shield to help prevent sunburn. 4 oz ..... \$12.50

### Sun Spray SPF 30 (Kiss My Face)

Paraben free, fragrance free, UVA and UVB protection, plus it's water resistant and fragrance free. The perfect sunscreen for those who play hard and enjoy the outdoors. 4 oz. \$ 12.95

### Sun Screen SPF 18 (Kiss My Face)

Oat Protein and Oat Beta Glucan, reduces irritation and inflammation. Fights against damaging free-radicals as they moisturize your skin. Fragrance-free, protects against UVA & UVB, is water resistant and paraben free. 4 oz..... \$11.95

## MISCELLANEOUS

### Baby Powder (MagickBotanicals)

100% Pure kaolin clay (white) is soothing and healing to diaper rash and skin irritations. Can be used as a deodorant or body powder. It is unscented, absorbent and talc-free, rich in the natural minerals of silica, iron, magnesium, calcium. 8oz..... \$10.49

### Classic Contours (Maxim)

100% pure cotton pads 16 ct ..... \$7.50

### Cosmetic Rounds (Maxim)

100% pure organic cotton. 80ftag..... \$2.66

### Cotton Balls (Maxim)

100% pure organic cotton. 100 count..... \$2.61

### Cotton Swabs (Maxim)

100% pure organic cotton. 180/Box..... \$3.47

### Pant liners (Maxim)

100% organic, classic contour, unscented, no chemicals, light days 30ct..... \$5.70

### Tampons (Maxim)

100% pure organic cotton. Available in regular or super absorbency 16/Box (with applicator) ..... \$9.11

### UltraThin Winged (Maxim)

100% pure cotton 10 ct ..... \$7.45

## WATER FILTERS

### KITCHEN WATER FILTERS

The Doulton counter-top (HCS) and under-sink (HIS) units are both stainless steel ceramic water filters designed for chemical and microbiological protection.



Filters out: Pathogenic Bacteria (cholera, typhoid, salmonella, E-coli, etc.), Giardia, Cryptosporidium, and other chlorine resistant parasites, Particles such as rust down to 0.5 microns in size, Chlorine, foul tastes and odors.

#### Key Features:

- Enhanced Parasite and Bacterial Removal
- Reduced Turbidity and Bad Taste
- Easy to clean and replace filters
- Durable Medical Grade Stainless Steel Housing
- Bacteriostatic to inhibit re-growth of bacteria

Capacity: 1000 gallons, Flow Rate: 1/2 GPM for cold water use only. Dimensions: W: 2 3/4". H: 11 1/2".

**Counter-top (HCS) ..... \$299.00**  
**Under-sink (HIS) ..... \$299.00**



### Deluxe Shower Filter Head With Chlorine Removal System, Five spray setting for personal

comfort, powerful water pressure. Help prevent soap scum build-up. Rubber grip dial for easy, nonslip rotation. Self-cleaning outlet that prevents clogs. Easy to install.

Unit replaces existing showerhead; it is activated every time the shower is turned on. The filter contains no chemical glues. Filter provides months of contaminant-free water with little or no maintenance or drop in water pressure. Filter cartridge should be replaced after 6-8 months.

**Shower filter head.....\$56.24**  
**Filter head replacement cartridge.....\$22.62**

### WHOLE-HOUSE WATER FILTER (available at CWR)

The whole-house water filtration system is designed to provide low cost, high efficiency, filtration by removing chlorine, bad taste, odors, algae, dirt, rust, and sediment without introducing any toxic or harmful chemicals into the water. This filter is designed to filter all the water that comes into your home including kitchen, bath and laundry, giving you clean safe water at all points of use. The life of the cartridges depends on the quality of water it is filtering, the dirtier the water, the shorter the life of the cartridges. The filters use state of the art activated carbon cartridges that are to be replaced every 6-8 months. Unit comes fully assembled and ready to install. (Must be installed by a licensed plumber.)

Specifications: weight 30 lbs., height 29", diameter 10", pipe size 2", Flow rate 24 G.P.M., maximum pressure 125 PSI, filters your water down to 10 microns.

**Whole-house unit with prefilter.....@ \$2000.00**  
**Replacement filters ..... \$127.84**  
**Prefilter.....\$70.00**

### Crystal Ball-Bath De-chlorinator

Removes 90% or more of the total chlorine for a healthier bath. When water comes in contact with the media filaments inside the fabric pouch, the chlorine ions in the water are converted into harmless zinc chloride. The toxic effects of chlorine, chloramines, and chlorine gas are eliminated with the aid of KDF Formula 73. Media is made up of A!4 oz. KDF Formula 73 copper-zinc (70% copper, 30% zinc) filament and one oz. Virgin American Crystalline Quartz. Will last 1yr or 300 baths.

**Crystal Ball-Bath De-chlorinator ..... \$34.29**  
**Replacement Bag ..... \$23.80**



## Home Improvement Products

Aluminum Tape 2 inch **\$19.60**



### Sealers (AFM)

Caulking Compound **\$9.17**  
 Safecoat Grout Sealer **\$18.50**  
 Safecoat Hard Seal Gallon **\$52.33**  
 Safecoat Hard Seal Quart **\$17.34**  
 Safecoat Safe Seal Gallon **\$49.83**  
 Safecoat Safe Seal Quart **\$16.50**

## Garden (Safer, Victor, Bugband)

Ant and Crawling Insect Killer **\$9.87**  
 Pantry Pest Trap **\$9.88**  
 Insect Magnet **\$6.99**  
 Insect Repelling Band **\$6.95**  
 Insect Repelling Spray **\$4.95**

### Scrubbers (Chore Boy)

Golden Fleece **\$2.74**



Stainless Steel **\$3.24**



## ORDERING & SHIPPING INFORMATION

**Information or Assistance** - Call 800/428-2343 to speak to a customer service representative weekdays between 9 a.m. and 5 p.m. in the Central Time Zone.

**Ordering by Phone** - Call 800/428-2343 to speak to a representative to place your order. If we are unable to speak with you directly or it is during non-work hours you can leave your order on the answering machine. To place an order give us the product name, manufacturer name, size and color, if applicable, with your full name, street address, city, zip code, phone number and credit card number with expiration date. We will call you back to confirm your order and shipping information.

**Ordering by Mail or Fax** - AEHF, 8345 Walnut Hill Lane, Suite 225, Dallas, TX 75231.or fax 214/361-2534.

**Ordering by the Web** -The AEHF catalog and research information is available on the Internet at [www.aehf.com](http://www.aehf.com). Orders can be placed online.

**Payment** - AEHF accepts Visa, Master Charge, Amex or Discover credit cards, personal check or money orders.

**Product Availability** - Almost all items listed in this catalog are stock items and will be shipped to you within 24 hours of your order. If we are out of an item, we will let you know at the time the order is processed and its estimated availability.

**Return Policy** - Returns will be accepted within 30 days of purchase with a copy of your receipt. Call before you return an item. (Returns without the return authorization or receipt will not be accepted.) We are unable to give refunds on postage, syringes, oxygen equipment, clothing, bedding, books, opened products or special orders. Product defects will be refunded or exchanged by AEHF within 30 days of purchase. (Contact the manufacturer directly after 31 days of purchase.) Unused or unopened items may be subject to a 20% restocking fee after inspection.

**Damaged Shipment** - If your shipment is damaged please call 800/428-2343 ASAP. All damaged shipments must be reported to AEHF within 48 hours of UPS delivery. (Items shipped by UPS are insured.) Due to the UPS claim processing system please keep all packing material from damaged shipment.

**Shipping Charges** -The shipping charges come directly from UPS, FEDEX or USPS. Air filters and water filters have different shipping charges. All shipping rates are calculated for the continental United States, call for shipping rates outside of the continental United States. Shipping charges are subject to change without notice. Shipping is nonrefundable.

**Shipping Information**- All orders are shipped by UPS/ FEDEX/ USPS ground service because your order is traceable. Delivery location must be a street address.

**Next day, second day and third day UPS** is available for an additional charge. Orders for next, second and third day service must be received by AEHF before **11:00 a.m.** Central Time if you wish them to be shipped out that day. Most orders received by **11:00 a.m.** Central Time, will be shipped out the same day by UPS.

**Important Note: When the temperature drops below freezing some liquid items can freeze and in so doing will lose their effectiveness. These items include: household cleaning products, personal care items, paints, stains, primers, and adhesives. If your order contains these items we will discuss with you the various options of shipping the products.**

**International Orders:**Call for shipping information and charges. We CANNOT offer estimates for duties your shipment may incur.

**Important Note about Customs:** Please investigate your country's rules and procedures before ordering. You are totally responsible for your order. AEHF is not responsible for problems your order may encounter with your country's Customs officials or U.S Customs. We are not responsible for orders confiscated or stopped by Customs, or duties that your shipment may incur. Packages not accepted by Customs will not be returned to AEHF nor will AEHF issue refunds.

## ABOUT OUR PRODUCTS

**Air Filters:** Ideally, the home should provide its residents with comfort and protection. Unfortunately in the real world the home is easy prey for pollutants that are generated from both inside and out. As these pollutants multiply, they can cause the resident discomfort and, in some cases, even to become ill. While individuals can reduce the total pollutant load in their home by paying careful attention to the products they use to build and furnish it and by eliminating the kind of activities, such as smoking cigarettes, that can cause a dramatic increase in air pollution, they may still find that to obtain and maintain the best quality indoor air an air purifier and regular air sampling for various contaminants may be necessary.

**Bedding:** As with clothing, any product made of fabric runs the risk of carrying contaminants from being treated with dyes or chemicals. Our blankets, pillows and bedding products are untreated organic or natural cotton.

**Clothing:** The fabrics used in clothing are a particularly insidious source of pollution. Natural fabrics can become contaminated during the manufacturing process when dyes and chemicals are added to them. Synthetic fabrics, which are oil based, are also chemically contaminated. For those individuals seeking a less polluted lifestyle, careful consideration of the fabrics used in clothing is essential. The clothing we sell is 100% organic cotton in natural colors.

**Personal Care Products:** One common source of pollutant exposure is the daily care products we use for skin cleansing, hair washing, and body odor reduction. Commonly, commercial soaps and shampoos, body and face lotions, make-up, deodorants, and colognes are manufactured with a variety of chemical preservatives, additives, fragrances, and/or dyes, any of which can cause adverse reactions in sensitive individuals. To combat this situation, we offer a variety of personal health products that are naturally or organically produced and free of the contaminants frequently found in commercial products.

**Household Cleaning Products:** A typical source of environmental contamination is products used for household cleaning, pet care, and various chemical treatments for pest control, both indoors and outdoors. It is imperative that those seeking a healthful lifestyle and reduction in pollutant exposure choose with care the products they use to clean and maintain their homes, yards, and pets. To meet this need, we offer a variety of products that are free of many of the common contaminants found in commercial household products.

**Home Test Kits:** Ideally, the home should provide its residents with comfort and protection. Unfortunately, however, in the real world the home is easy prey for pollutants that are generated from both inside and out. As these pollutants multiply, they can cause the resident discomfort and in some cases even to become ill. While individuals can reduce the total pollutant load in their home by paying careful attention to the products they use to build and furnish it and by eliminating the kind of activities, such as smoking cigarettes, that can cause a dramatic increase in air pollution, they may still find that to obtain and maintain the quality indoor air an air purifier and regular air and water sampling for various contaminants may be necessary.

**Vitamins & Supplements:** One of the surest ways to maintain good health and combat illness is to keep the body's natural defense mechanisms functioning optimally. Good nutrition is essential to achieving this goal. However, the nutrient value of most of our commercially produced food has been substantially reduced over the past 50 years as a result of over processing and the use of chemical additives and preservatives. Supplementation of vitamins and minerals has now become essential to insuring that we receive our recommended daily allowance of these. Unfortunately, many commercially manufactured nutritional supplements also contain unhealthy additives and preservatives. The vitamin and mineral supplements that we carry, however, are hypoallergenic. They do not contain the normal allergens from sources such as wheat, corn, yeast, soy, sugar, eggs, dyes or other additives. The manufacturers use the purest products and manufacturing methods available to them, and whenever possible, they use organically grown plants for their sources.

**Water Filtration Systems:** Sources of drinking water are springs, lakes, rivers, reservoirs, wells, and rain cisterns. While most of these sources of water were clean at one time in the history of the planet, population growth coupled with the adoption of public policies that have not served to ensure that maintenance of pure water at its source have contributed to widespread water contamination. Yet water purity is critical to maintaining human health. Individuals interested in securing optimum health must pay attention to the source of their water. Not only will they ingest contaminants from drinking water, they will also absorb pollutants when they breathe in the steam of their showers and they will absorb contaminants through skin contact when they wash. As well, pollutants will contaminate the foods that are washed and prepared with tap water from, public water supplies. For those wanting to protect their health by controlling the quality of the water they admit into their home, we offer a variety of water filtration systems.